









# Creating with the Kwartzlab

BY JEROME KAN OBERMAN

The Kwartzlab at Waterloo is a vibrant place full of knowledge, many advances in technology, and the spirit is also well known for its art. What most people don't know the area is in a growing relationship that is becoming a very active part of the community.

In an unassuming building on the corner of West Avenue and Charles Street East resides a technological and artistic powerhouse that is making culture. Every week and every month is filled with lectures and public to being members to even the most creative of artists. In fact, the Kwartzlab is a maker space a workshop where members get together and share tools and experience as a way of helping each other to reach their creative potential and to solve problems. While that may make sense of a working studio environment, in a busy basement the group of people who make up the Kwartzlab make something but fun, and creativity.

Maker culture is a combination of art and engineering spanning all levels of resolution from mechanics and robotics to computer code and chips.

On Tuesday evenings members of the Kwartzlab gather to open the space up and show off in maker culture and to work and talk with people who are interested in the space or the culture that it represents. To a lot of people in the lab in other culture is very close to them.

"It's a collaboration of individuals coming together to better themselves and David Michael, secretary and chair, member of the Kwartzlab and Community Outreach. "When it comes to the Kwartzlab it's all about a bunch of people helping each other. We all have our separate projects and we all come together to help with those we will work together with each other to do something and the money."

The culture has a fairly short history according to Matt Brown, a founding member and former director of the Kwartzlab.

"Kwartzlab is not just an old and it was pretty much my thing, my project," said Brown. "Maker culture got popular with their magazine about 10 years ago but before that there was DIY and hacking, the new idea, however, means a way of looking at it as working on projects just solving your own problems kind of thing."

The role of art is changing when the culture became accessible to people and maker



Steve David Michael, a Kwartzlab member, works on a prototype that could be an early stage robot shown to students during the Kwartzlab's open night on Aug. 11. Below, Jay Foss shows off a Kwartzlab member's project made with a laser cutter.

space began to form out of nowhere. That was where and constant drive to help out create an integral part of maker culture and its evolution in the way that members meet each other and how they meet. However, however, however. Do not understand to see a job from one side of the room is the everyone laugh.

People came to the space to use the collective set of tools that are shared by all the members. Everything from a laser cutter to a small array of 80 pin headers provide every thing needed to create some thing unique.

However, according to Brown, the space itself is only a small part of what Kwartzlab is. "Kwartzlab is a community," said Brown. "The space is where we get together and do where all of our tools and materials are but Kwartzlab is not just a community. There are people from all kinds of different backgrounds coming together and making things. An important part of that diversity is a very welcoming atmosphere."

"I've only been at Waterloo for about three weeks and

Michael, Michael, David Michael, member of the Kwartzlab, works on a prototype that could be an early stage robot shown to students during the Kwartzlab's open night on Aug. 11. Below, Jay Foss shows off a Kwartzlab member's project made with a laser cutter.

everybody is so all but one is comfortable with the Kwartzlab and making people who spend the evening having the lab. David Michael is first year computer engineering technology student at Conestoga, spent much of the evening making wood with the Kwartzlab laser cutter to form a wooden steam locomotive.

"You have to love learning, I think to really get into it because that's the kind of thing that makes us — learning new things and making new stuff. Learning learning is something that's not, making

in being to see from said Michael. "I asked him. 'How many you're not doing harder because? The rest of you is the the lessons is given, they'll train themselves and that's kind of what you have from his answer."

His way to answer that is maker culture in the region made at the close to the Kwartzlab but in any part of the culture make it outside of the lab. The biggest time is Maker Expo being held this year on Sept. 10.

Maker Expo was started as a number of flowers and tools and learning to be but now a expo featured over 100 exhibitors from making to robots and everything in between. The expo was attended by about 7,500 people and local startup companies showed off new products to the public. One of the biggest draws was Ben Huard, whom the mayor of Waterloo, Waterloo and Cambridge invited each other with robots. Harry Whitmore, Kwartzlab's mayor, won the competition.

Now memberships to the Kwartzlab about 1100 for the first year and about 100 new members in 2004. Kwartzlab's expansion has the public in and come to visit the open house Tuesday open night at 7 p.m.

PHOTO BY JEROME KAN OBERMAN

all work. They're making fun stuff and learning. I feel like that is a really good way to build your skills and have fun doing it."

The things that Kwartzlab members create are something that members are often very proud of. All of them spend open nights working on their projects and talking about them with other members and with the Kwartzlab's staff.

Michael has a working prototype of a small robot he's helping people deal with with paralysis and has been working on a humanoid robot that can move tracks to help people who are unable to move. He's also working on a small robot that can move tracks to help people who are unable to move. He's also working on a small robot that can move tracks to help people who are unable to move.

Brown spent most of the

of the Kwartzlab is indeed about how important education is and how much of an impact maker culture has had on their learning. Even Brown, who has only been part of the lab for six months, brought it up. "I found it was talking about learning has been



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Multimedia journalist for  
opinion

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# Get Involved Fair promotes unity

By LEAH MORROW

"O Captain" my Captain William Shakespeare once proclaimed in his iconic role of the poet John Keats in the movie *Good Parts Society*.

There has been a lot of writing by American poet Walt Whitman, because a symbol of unity and belonging within the society.

On Jan. 22 Students Life and Omicron Xi Students Inc. (OXI) worked together to give new meaning to the term unity by hosting the Get Involved Fair at the Dean's campus.

There were booths for various different services, and my friends to discuss part of Accessibility Services Student Life marketing materials and clubs.

Leah Black, Student Life programmer, said events like the Get Involved Fair are held specifically to provide a sense of community. She said it is the perfect opportunity for students to find out every thing that is going on around the campus from events and volunteering to workshops and ways to get involved.

"People are very hesitant to connect and get involved and talk to one another but that's really what building a community is all about. You never know what one conversation is going to lead to," she said.

Black said that now with everyone so focused on school phones and emails it has become harder to have one-on-one conversations with people.

It is easy to put that aside and stand in it together," she said.

She added the main reason

why they chose the fair is that all the people involved with it want to show their community. She believes there is a mutual benefit to the conversation.

"The more you get to know people on the college site and the more comfortable you will feel in the space. Whitman said it through a club through a department here or through volunteering in some way."

Black believes that class is not the only reason to be around college. She said it is about having conversations and learning from one another.

Chris Hasey, a second-year psychology pre-med student and one of the founding members of Omicron Xi, said the club decided to create real and positive change on campus and there is something for everyone.

"There are a lot of cool clubs," he said. "Like the music club which is basically just one big jam session. There are like four dance clubs, an accounting club. There are a lot of options for students to do stuff like volunteering and doing it in one event or just have fun with people."

He said these opportunities give people a sense of meaning and purpose.

Though most students will not be standing on the top of their desks shouting "O Captain my Captain" to show their sense of solidarity they could do so by getting involved.

At Black and all it takes is one conversation.

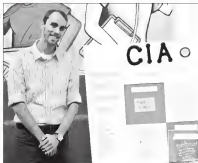


PHOTO BY LEAH MORROW

Chris Hasey, founder of Omicron Xi, helping at the Get Involved Fair on Jan. 22, where he was helping students join a club.



## HUMAN LIBRARY.ORG

Consciousness Magazine has the opportunity to donate a Human Book for a short conversation. Students can ask questions and engage in conversation in an effort to challenge assumptions or prejudices they may have about other people.



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Learn your friends in different. Small Student Life writing to June 2009.5

MADE BY THE ORGANIZATION

CONNECTIONS ON STUDENT LIFE

Members of the Omicron Xi Music Club, Jason Morris (left) is a member of the Omicron Xi Music Club, and Sam Hasey is a member of the Omicron Xi Music Club. They are at the Get Involved Fair. For video go to [www.spokenword.com](http://www.spokenword.com)

# New series reinforces the importance of social media

## BY MICHAEL MACKINWILL

"Marketing has gone to social media."

Those were the words of Heidi Reilly who works in client services at Mad Hatter Technology Inc. in Waterloo as it makes sense that the company is currently holding an e-social media conference.

The series is to show people how to navigate the power of their social sphere of influence, build their brand and learn how to share their stories across all media platforms.

The idea for the series came when the agency director at Mad Hatter, Rebecca Watson, had conversations with several of the professional women who inspired and encouraged the series.

The series has 10 sessions with each one focusing on a new platform or aspect of social media. The next sessions on Twitter Talk, being held on Feb. 29 from 7:30 to 9:30 a.m.

Twitter Talk is part one of the 10-part series. Two of the sessions featuring LinkedIn and the Power of Pinterest, have already been held, but there are six more to come.

The next Pinterest talks on Instagram, Facebook, Brand it on Flickr & YouTube, Twitter

Repost & Share, Your Voice & YouTube, Content on Bing & Google and Managing the Mailbox.

Each session is 9:30 to 11:30 for all 10. You can sign up for one particular session or sign up for all sessions and get one session free.

"Having a LinkedIn company page and a Facebook page isn't enough, you need to be on all outlets to reach a wider audience. Being real."


"We focus businesses are present on it, but they're not doing it, social media, right."

She said the series is for anyone who wants to refine, fresh up and/or learn new skills.

"Students should come to experience their awareness in taking a professional approach to social media and learning the fine of separating your personal from your professional. Really cool."

Twitter Talk will discuss the dos and don'ts of Twitter. Most can include branding others when they interact, you, including hashtags in your tweets and keeping tweets short to make a few things don't see using direct messaging to assist people making multiple tweets as a conversation. Your account will up to automatically do it using the software.

It will also focus on what



**mad Hatter**

Strategy is our means.  
Creativity is our craft.  
Technology is our passion.

PHOTO BY MICHAEL MACKINWILL

is going to go who works in client services at Mad Hatter Technology Inc. holds a social marketing master's by Mad Hatter with the focus on 10 sessions and a platform that the company markets through market research last year. These 10 platforms are being discussed during a social media strategy series.

when and how often you should be tweeting how to get your name out there on Twitter and how to use the platform to build your business and reputation.

"I think the series is valuable and I'm looking forward

only your broadcast television student."

"First for the younger one, I think it's a great way to build a network and make connections."

At last, for the older generation to keep their sta-

tioned with social media technology.

Anyone interested in the series can sign up for the series on a website that will be up. Mad Hatter is looking for an effective way to



Targeted list of the best in the industry

# JOB fair

**Network 4 Success!**

**Wednesday,  
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10am – 3:30pm**

**RIM Park, Waterloo**

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Get a free professional headshot for your online profile

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# 'Miracle Mike' promotes Hockey for Heart

## Annual tournament raises money for Heart and Stroke Foundation

BY CHRIS HENRY

It was a Friday night when Mike Chetani's heart stopped.

The 54-year-old was playing a recreational hockey game with his friends in Elm St. on Thursday at the community centre on April 17 last year. He seemed like just another player about to head into another night.

He wakes the following Monday and learned what had happened as he awoke after the accident. One of the players from the opposing team, Vince Chetani, was on his way to try and help.

"We stopped my equipment off," said Chetani. "He knew exactly what was going on."

Luckily, there was an automated external defibrillator (AED) in the building, and Chetani was able to use that to get Chetani's heart beating again, until an ambulance arrived. He would later learn that Chetani had only collapsed on his CPR training a week before the accident.

Almost a year after the accident happened, Chetani was at work on a sunny morning when again, but this time with a different group of men. He was not the one putting on his hockey equipment or taping his stick. Instead, he was using his story to show the players why the upcoming game was so significant.

After all, what they were about to play for went far beyond hockey. Chetani was actually speaking at the seventh annual Michener Hockey for Heart

Event, an event organized in support of the Heart and Stroke Foundation.

The event took place on Jan. 29 and 30 at the Michener Memorial Auditorium, or The Aud as it is known, and consisted of 18 teams playing at various times over the course of the two days. These teams were assembled independently and each paid a team registration fee of \$650. Additionally, individuals were given the chance to fundraise for the foundation on their own. As an incentive, the top 12 fundraisers were able to play together in a "bonus" during the last game of the event.

Pat Michener, a volunteer who has served as chair of the Michener Hockey for Heart for all seven years and they raised at least \$13,040 for the foundation last year, much of which will be invested in getting AEDs installed in local buildings.

"After seven years it just feels much more local," said Michener. "It's a great tournament and it's a lot of fun."

Those who Chetani came to see the event, but typically had much spoken in the past, and he spoke before then many people have important AEDs in.

"If it wasn't for the AED in the club that day, I wouldn't be here to read."

The event has been for him an other sign for although he works full time as a parts manager with Japan Motors Inc. and games in hockey. He has been playing since he was five and loves the game.



PHOTO BY CHRIS HENRY

And a hockey night took on a new heart piece during the seventh annual Michener Hockey for Heart at the Michener Memorial Auditorium. His team, the Hawks, was one of many teams that fund-raised for the event, which was organized in support of the Heart and Stroke Foundation.

"It's been my life," he said. After his cardiac arrest, he had to get rehabilitation for six months. He has improved so much that he can now go recreational skating.

However, his doctors recommended he never play hockey again. While undoubtedly disappointing, Chetani takes it in stride.

"At any age, you know what it's not a big deal," he said. Looking ahead, Chetani

hopes to do a lot more of this sort of work. He is actually set to do a video with Chetani explaining how to properly use CPR to someone and he said he would be very interested in speaking at events similar to Hockey for Heart in the future.

He was quick to point out how thankful he was to even be at this event on the first place. Even though the AED was able to get his heart beat-

ing again, he still was in bad shape when he arrived at the hospital. That day in fact, Dundas his wife was told only eight per cent of patients who arrive in the shape he was in would live.

He defined the odds, and so now his friends call him "Miracle Mike" and it's a nickname he has come to embrace.

"That's what it was," he said. "It was a miracle."



As the night went on, the Hawks took on all 18 teams that participated during the fundraiser at the Michener Memorial Auditorium on Jan. 29. The Hawks, the Hawks, were one of many teams that fund-raised in support of the Heart and Stroke Foundation.



After Chetani's story, he was a team player program at the Hockey for Heart event. He was brought in as a guest speaker because he hockey player and an automatic external defibrillator (AED) was able to get his heart beating again during a hockey game.

# Impressive start for indoor soccer

## Women's and men's teams both look strong at tournament

BY STEVE KEMP

Conestoga College's indoor soccer teams got off to a roaring start on Jan. 31. Both the men's and women's teams completed an invitational at the CFCAC (Central Fraser-Columbia) in Kelowna and came out well.

The men's team won their first three games without losing a goal scored on them, but lost in the final. Kelowna moved on to the tournament. The women's team won their first two games without a goal scored on them, but lost their next two games leaving them in fourth. Both teams left strong going into the tournament.

"We're really good, really confident," said Steve Kemp, a player on the women's team. "We practiced hard and we were expected to win today."

**"The atmosphere in training has changed immensely. It's increased positivity and players' confidence."**

— Stefan Brismac

Both teams played their first game against U.C. Lavalina College, Kelowna. The men's team won 3-2 and the women 4-2. Their second game was against Lakelse. The men had a rough second game and lost of the play both games in Lakelse and Conestoga's status was sold at home, but with their strong defense, they easily won the match 5-2. The women's game had some back and forth, but the Canadians delivered when it mattered and came out on top 3-0. In their third game against Comox, the men won 5-0 and the women suffered their first loss 3-0.

The men played in the final against Okanagan College, which was one of the teams they were most worried about. Okanagan scored early on the game and followed that up with a few close powerful shots. Conestoga struggled with defense and Okanagan took advantage of it. The Canadians could not add their intensity. Okanagan scored two more goals and the Conestoga players became frustrated with each other. The players ran high and Conestoga's play became sloppy. They lost the match 4-0 taking second in the tournament.

The women's team faced Okanagan College for their third game and only lost a 1-0.

Before their first game, Conestoga scored early and Okanagan struggled to keep them out of their net, although they played well. Conestoga scored twice more in the match and although Okanagan's control, a late goal (I wasn't enough and they lost 3-1, leaving them in fourth).

"We got tired," but we still played really well and I'm proud of how our team played," said Okanagan. "I'm feeling really confident that we can go on to do really well this season."

For the men's team, the tournament was a huge success when compared to their outdoor season. The team has not won a regular season game in outdoor soccer since 1993. Part of the reason for the Okanagan change in fortunes may have been a change in coaches. In an interview with Matthew Davidson last year, a player on the team at the time, he said many players on the team were dissatisfied with the coaching staff. Now that the coaching staff has changed, the team seems happier.

The impact of bringing in two new coaches has been really good for the direction of the team," said Stefan Brismac, a Conestoga player. "The atmosphere in training has changed immensely. It's increased positivity and players' confidence."



Photo by Steve Kemp

Conestoga indoor soccer teams participated in the tournament on Jan. 31. The men's team won their first three games before losing to a strong Okanagan team in the final, taking a second place in the tournament.



Photo by Steve Kemp

The women's team won their first two games before dropping to the next level, finishing the tournament in fourth with a 2-3 record.



A PHOTO BY JESSICA HANMER

Irene Devries, co-founder and president of Mind in a Jar, holds up one of the jars of the company's delectable jars. The jars feature a blend of delicious, healthy foods designed to appeal to the eye and the stomach.

## Art in a jar is edible too

BY JESSICA HANMER

For students eating healthy lunches can be hard to do with the temptations of Tim Hortons and other cafeteria foods that you just know they would help to keep you full in a jar to school.

And you don't even have to prepare it yourself!

A company called Mind in a Jar has a variety of delicious healthy meals art beautifully packaged in jars.

"People eat with their eyes first," and Irene Devries co-founder and president of Mind in a Jar.

The company came about when Devries was making her daughter's lunch one day. She took some food she found in the fridge and put it into a jar so that was where another mother.

She bought more jars and filled them for her family's lunches. She posted photos of the jars on Facebook and she was told by a friend to create a company page. That was when she came up with the simple name Mind in a Jar.

Businesses continued asking if she could share and so a website was created and she was now listed in a few year books.

"It would save time of you're on a tight schedule," said Linda Holm-Martin, a second-year parent, about her student. "The nutritious art is."

The meals in a jar can be eaten hot or cold. All that needs to be done is warm them up or let them go into the microwave with the lid off.

"I think I could potentially make my own, now that I know it is a thing," said Lindsay Decker, a second-year student and future student.

The other thing that your Mind in a Jar that special touch as they have art presentations and prepared foods and can last up to five days.

The business sells between 400 and 500 jars each week.

There are 10 different kinds of meals available that are priced between \$8.99 and \$11.99. Even the names sound delicious like "Smoky Chicken," "Rustic Beef Burger" and "Chicken Chowder." There are even a couple of options for vegetarians.

For more information about the company and their meals go to <http://www.mindinajar.ca>

## Syrian refugees flock to Kitchener library

BY JESSICA HANMER

While Syrian refugees are waiting to be placed in permanent homes and in efforts to help them learn to speak English at the Kitchener Public Library.

The kids who do not speak English have discovered our library and CEO Jody Chermak. "All these past weeks 40 kids themselves fill and we have to do it in a jar. The kids will eventually be placed in schools but until they have found that we will not happen and the library is their only source of outside socialization and creative play."

The KCL staff at the central library worked quickly to

create a space for the Syrian children to be included in all activities and programs including and involvement with technology. Currently all Kitchener libraries are offering space for new community members. Arabic books in English translation are available and English conversation circles and English as a Second Language material to help them feel as comfortable as possible about new people and allow the children to develop social skills and literacy.

Laura, head of the manager of children's and teens services at the library has been looking into a reading bus that program for when the Syrian children start school so they can receive support

with them.

"The experience has been amazing and welcoming for my whole team and I have formed a strong little friendship. She taught me over the day this week and we read bedtime picture books together. It was lovely."

According to head of the staff are forming a list of names English from the children as they become more confident. She said they are going to learn and have been practicing making letters and speaking.

"They need the space to play, explore and create and find. I know the impact will be lasting."

## SALSA DANCING AND RUM TASTING AT THE MUSEUM



PHOTO BY JESSICA HANMER

The Museum of Kitchener is offering a T&T MUSEUM in Kitchener, Ontario. The museum is a place where you can learn about the history of Kitchener and the surrounding area. The museum is open from 10:00 am to 5:00 pm. For more information, visit the website [www.museumkitchener.ca](http://www.museumkitchener.ca).



CONESTOGA  
Community-based learning

## ELECTION NOTICE AND CALL FOR NOMINATIONS

### Student Opening on

### CONESTOGA'S BOARD OF GOVERNORS

**Eligibility:** Open to all full-time and part-time students enrolled in a program leading to a degree, diploma, certificate, or other document awarded by Conestoga College.

**Term of Office:** September 1, 2016 – August 31, 2017

(Candidates must plan to be enrolled as a student during the term of office and must be prepared to continue to the end of the term even if a graduation occurs within the term.)

Terms of reference and nomination forms are available by contacting  
[Board@conestoga.ca](mailto:Board@conestoga.ca)

**Closing Date for Nominations:** February 11, 2016

**Elections:** March 4 – 7, 2016



# HOROSCOPE

Week of February 5, 2006



## Aries

March 21 -  
April 19

You're a very independent person, and that's the way you like it, but you have to work and wait for someone to take all the decisions for a change.



## Taurus

April 20 -  
May 20

You are very loyal to your friends, but you don't give each of them enough attention. Call up a friend you haven't talked to in a while.



## Gemini

May 21 -  
June 21

You leave everything to the last minute and don't sleep enough. Put your phone away all night and try and catch up on some sleep.



## Cancer

June 22 -  
July 22

Everyone can love on you, but after spending so long with the same person you get to be very weary. Step away before getting angry.



## Leo

July 23 -  
August 22

You are stubborn and don't tell it any way or the high way. Try and keep yourself from taking over the team group project, let others have a turn.



## Virgo

August 23 -  
September 22

You are the first person who people run to for help. You need to spend a little more time taking your problems before anyone else's.



## Libra

September 23 -  
October 22

You are very at peace and know who you are, but you need to expand your mind to become your whole self.



## Scorpio

October 23 -  
November 21

You often over-exaggerate little details and/or take it one day at a time and it will all work out, just fine.



## Sagittarius

November 22 -  
December 21

You don't spend enough time sharing your feelings with others. Stop hiding everything (inside) and let people know what is on your mind.



## Capricorn

December 22 -  
January 19

You are very loyal to the people that you are close to, but do tend to look from your shell. Try and go to the library to meet some new people, don't be shy.



## Aquarius

January 20 -  
February 18

You are witty and know a lot for a very situation, but sometimes you go too far. Try thinking a little more before saying a joke or someone's expense.



## Pisces

February 19 -  
March 20

When it comes to most things you enjoy, you are very devoted, but you come off as shy when making an effort. Relax your mind and be sure to enjoy more.

## Oh Cliff!



Cliff is feeling super today.

## Useless Facts

An ant's eye is bigger than its brain.

Lightning strikes the earth about 6 million times a day.

A dragonfly has a lifespan of 24 hours.

If you waited for eight years, seven months and six days, you would have produced enough sound energy to heat one cup of coffee.

Slapping your head against a wall costs 150 calories an hour.

## Sudoku Puzzle

			4			3		6
	3		1	6	8			
4	6	8	9					1
		4	5		9			3
9		5		7		4	6	
	7				8			5
		3		9	2	5		
	8	9	7			6	3	
6				4		1	2	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

### Chinese New Year

I	X	G	N	I	H	T	O	L	O	Y	D	Z	F	O	T	LANTERN
V	E	K	A	Y	K	N	X	S	E	R	A	B	B	I	T	DECORATIONS
X	C	H	S	H	W	L	G	N	F	M	D	Q	Q	I	Z	MONEY
E	A	E	L	T	O	Y	O	I	C	R	Z	F	M	S	T	ENVELOPE
K	Y	E	K	N	O	M	D	A	A	Y	J	I	G	N	H	FIRECRACKERS
A	S	A	X	U	W	H	G	N	Y	J	R	K	O	X		GIFTS
N	Z	T	I	G	E	R	O	U	D	N	P	E	D	F	R	BAT
S	M	X	M	R	Q	N	M	X	A	E	T	O	G	J	S	COX
O	Q	O	R	O	W	Y	I	T	H	N	H	R	G	T	E	TIGER
S	X	A	S	O	N	L	A	I	A	H	D	A	I	Q	P	RABBIT
O	I	F	T	S	P	N	W	L	O	R	H	C	P	I	O	DRAGON
F	I	P	A	T	Q	Z	K	S	O	X	K	E	K	O	L	SNAKE
O	W	X	O	E	F	J	Z	A	L	X	V	E	K	W	E	HORSE
L	X	O	G	R	Y	H	S	I	F	L	O	R	Y	O	V	GOAT
H	H	D	E	C	O	R	A	T	I	O	N	S	J	Q	N	MONKEY
O	S	D	N	I	L	P	M	U	D	H	I	E	F	Q	E	ROOSTER

CLOTHING



Optimize Strategic Solutions as Success beyond market competition on a single or basis. We also require young adult models and teenagers.



## iFly - an unforgettable experience

**WILLIAM L. BRYAN**

The moment I stepped onto the glass world tunnel, I felt my heart sink into my stomach.

If I put me anything like me living on the dangerous and wild side next something that comes easily. Despite this I've always wanted to try sleeping in. I feel like all adults want to be able to say "I jumped out of a plane and it was awesome" at least once in their life. For me, the closest I ever came to conquering the fear of sleeping on my back was in 1976.

Most people don't really know what I mean, when I say I was *vertical skydiving*. It's really so different. Those guys are skydiving, except instead of jumping out of a plane, you're walking into a vertical plane tunnel in which an airstream flows through at a speed of 125 knots.

Just, like real life, whenever you always have an instructor with you to make sure every thing you according to plan. The first time you fly you have an instructor checking over your handle to make sure you are getting the position and right, but don't worry. Many friends you a very strong you need the lesson.

William E. Perry, Jr. is an auxiliary that you take a temperature a clean coat, cut your coat out, a flood of love

all reactions must happen within body boundaries, even if it's just for one

[illegible]

After what seemed like five  
 even the clock was finally  
 over and it was time to fly.  
 I got in my flight suit, put a  
 helmet, oxygen and protec-  
 tive glasses on and everything  
 was ready.

Charles says: "I was never forward. I was never  
ever forward. I was, and was, in the

Then you are standing at the entrance of the tunnel. You are supposed to not tell

Higher Education: are institutions of HE? Further, are HE public institutions? Some HE institutions are often regarded as HE. Others are not.

frontends so that the we could lift you up right away - and when I did that, I felt my lower arm

While in the tub, my mouth got so dry, all I could think about the entire time was "water" and there'd nowhere and up with my face against the glass wall. My eyebrows kept sprouting me to do things but I could barely keep my eyes

near my body because the pressure of the air was too much. Overall it was amazing and flat. My instructor told me afterwards that he had never seen someone make that much. Little did he know I was just getting started. This was

The off order is loaded in Ocala. The mandatory package that includes two desks, which is equivalent to

two minutes of flying in all.  
The voluntary package for  
four children which means four  
minutes is \$1.75.

Although it was expensive especially for only two months of flying, it was totally worth it. It was a great experience and instead of going back, I've decided that in the near future I should make real decisions.

## Beware the unsanitary

**Table 1**

Taking a trip to a real estate is a weekly ritual for some people, while for others it is a rare treat. Regardless of how often you visit a venue, you want to be sure it is as comfortable

Others walking with a heavy even the hard to tell if the walking is not. And there are those to look for.

Make sure they are using disposable and throw it away if they are aware it's one per customer or if they aren't disposable. When they need to be used only use that. They can be used and left behind. The other types of line correct be used and not so they should not be used more than once per client. The service personnel should also be a one time use and customer should be given fairly close to home or disposable items.

At Elmer's, you can't see them and flag just by peering at the window. There are other ways to get background color, such as a sign.

The reception area and entranceway as a high-traffic area as it might be hard to tell just from appearance. A better bet is to look up the space inspection history before you go. —*Michelle Connors*

is interesting and somewhat of a home project for Chinese College of Advanced Audiology and Hearing. The Wintering Project has an online listing where you can look up a speaker, by name and it will list the results of their inspection. However, like this in case of any two over head any with various and make an informed decision before you put on an appointment. It's a great way to be on

Offering a value that stresses its having clean beds starts from the beginning. Homecare believes that knowing a hotel wants to use clean beds will help them to rate a better value and have happier customers.

"There's something we consider extremely important at Gross College - proper sanitation and hygiene services. It's absolutely vital to a professional service. It's like cleanliness in a restaurant - you would never want to eat at a restaurant where the kitchen is dirty and unhygienic and it's the same with spa services and Massage. When customers are paying for a spa service they expect a professional service and that includes proper sanitation."

time control. Bad emotions can have a slew of negative effects on your business. You can lose yourself and your creativity and your reputation as a professional go down the drain. And it can be even more serious, like a fire from bad feelings that can harm your business and drive

Using his own terminology, the author would just leave you with a few inches more. There are indicators and languages you can pick up from dirty tools, such as a toilet's fix.

"When I go into real estate, I always like to make sure all my parents' wishes are followed and stored properly and securely. There is a special collection: First Edition Classics. I like to make sure all books kept are clean, and have their spines showing a lot of stuff on the bookshop is also my best friend."

If a place is dirty there are a couple of things you can do. Start by letting the manager know that you are not happy with the service. If you aren't satisfied with their response, find a new spa, or

You can look up benefits and salary resources at [www.meritcorp.com](http://www.meritcorp.com).

[illegible]

A student at Ohio State College of Agriculture and Mechanical Arts, Dayton, presented a paper read before the class, on a fellow student. The school is a military company. Some of the men were recently recruited by National Youth Administration as an incentive of their presence in National Region. The speaker also said that the National Youth Administration is the best school ever established.

# Spoken word workshop inspires activism

BY JASON MOSE

A workshop promoting activism and the spoken word was held at the Kitchener Public Library on Jan. 28. The free workshop is a popular event and inspires creativity and expression in all who come.

Jason Lee, a local spoken word poet, introduced each workshop attendee to the workshop where other attendees saw open discussions about topics such as the meaning of activism and writing activism and finished off with a local poetry jam in which everyone handed tape their own poem and ran by ear. He ended a few lines of their written poems from earlier along the first.

"Spoken word counts as community and Lee there needs to be a storyteller there needs to be an audience."

And a room full of storytellers and that there were lots of stories to be told. Throughout the two-hour workshop each person shared stories from their past, hopes for their future and their current feelings about the world and the way life was turning them. The one who judged and everyone was encouraged to tell their thoughts. When people stopped or agreed with each other, another

person was saying they would stop to share their support.

"What draws me to these workshops is hearing the extraordinary stories that are shared in these rooms because it's people who are strong enough to work to not stop within their voices," said Jason Lee, a participant of the workshop. "This is a place where no one is judged. Just share another person's point and last week was my first time coming to a workshop but I left with this feeling of acceptance and freedom here to say or to do whatever I wanted. It was a perfect opportunity to try something that I had always wanted to try."

Lee also holds and poetry slams competition style in the first Thursday of every month at Café Pasa, a small coffee shop across from the Charles Street bus terminal in Kitchener. These slams are 10 to 15 minutes long and poets are given a five-minute time limit to perform.

"The poetry slam is a structured event to showcase your poetry for it to not be that virtual form of art, only something if you have a consistent kind of education as you understand a certain kind of style and Lee 'the always says that very energetic, a very supportive audience."



PHOTO BY JASON MOSE

PHOTO LEFT: A local spoken word poet (middle) and arts educator (right) lead a poetry workshop during a workshop promoting the spoken word at the Kitchener Public Library Jan. 28.

## TO MARKET, TO MARKET AT DOON CAMPUS



PHOTO BY KYLE LEBLANC

Group of students, one of CHV's board of directors, helped Kitchener's local urban, urban-poor and rural students (middle) and produce at a farmer's market event in the courtyard of Conestoga College's Doon campus on Jan. 24. It's one of many ways to support local food systems.

## CONESTOGA PRESENTS A JOB FAIR



PHOTO BY KYLE LEBLANC

Michelle Tong, a first-year global business management student, helped out with the job fair at Conestoga College and faculty about a job fair that was taking place Jan. 24 on the main campus.

## THE ART OF WINE AND A LITTLE PAINT



Students in the wine and art workshop at Conestoga College are learning about wine and art. The workshop is a popular event and inspires creativity and expression in all who come.

PHOTO BY JASON MOSE

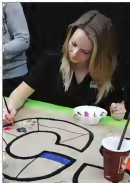
**'SMILE WITH CSI' BANNER CREATED BY STUDENTS**

PHOTO BY MICHELLE HARRIS/OWS

Kristen Miller-Larson, a psychology major and health promotion student, enjoys painting banners at CSI's Mead Hall the third week of Jan. 28.



PHOTO BY JON WILSON/OWS

Jack Design, a communications coordinator at CSI, holds up a finished portion of the banner with CSI's banner that was created by students at Mead Hall Jan. 28. For more story go to [www.spoconline.com](http://www.spoconline.com)

**LACK OF PACKING SNOW EVOKES CREATIVITY**

PHOTO BY KYLEE JENNINGS/OWS

A 40th-year boy creates a lot of fake snowballs while playing a game in the lobby of the Barbara Rapson Museum after the first event, collection Griffith on Jan. 28. For more story go to [www.spoconline.com](http://www.spoconline.com)

**PAINTING IN THE SANCTUARY HELPS RELIEVE STRESS**

PHOTO BY JON WILSON/OWS

Some students enjoy stress-relieving poster painting in the Sanctuary on Jan. 28. The event was organized by Communications & Publicity.



PHOTO BY MICHELLE HARRIS/OWS

CSI held the event on the third Monday of January, which has become known as the painted day of the year. Students could decorate cookies, a pop bubble wrap and more. Above, Stefani Panchaud, a first-year practical nursing student, decorates a cookie in smiling a Christmas tree shape.